

**ARMY STRONG**

**8th U.S. Army's**

# **ROK Steady**

**Spring 2007**



## **Taking Aim At the Army's future**



# ROK Stea



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**Soldiers from the 8th U.S. Army Master Sgt. James M. Wightman NCO Academy Warriors Leadership Course, Class 01-07, load on a Light Medium Tactical Vehicle for a day of training at Warrior Base.**

*Photo by: Staff Sgt. Sadie Bleistein*

# Cultural Immersion

By Lt. Gen. David P. Valcourt

*Commander, 8th U.S. Army*

**Y**our time in Korea will go by quicker than you may realize because the pace is fast and furious. As we welcome the New Year 2007, hopefully many of you will set a goal and go after it. Perhaps your goal might include learning to speak Hangul, learning about Korean culture or earning a blackbelt. Perhaps you will start or continue your college education, earn another stripe on your sleeve, become an Audie Murphy member, earn the coveted Expert Field Medical Badge or Expert Infantryman Badge. Maybe you are just determined to leave Korea in the best physical condition of your life. Regardless of the choice you make, you should set yourself a goal and go after it! Do not allow yourself to serve in Korea for a year and not set a personal goal and achieve it!

As we commit to our own goals and strive to achieve them, we must also sustain our commitment to respect each other. The Army is about people, and at the core of each of us as a Soldier are our Army values. I am deeply troubled with the number of Soldiers in our ranks who do not respect other Soldiers. I am specifically referring to the increasing number of sexual assaults, rapes and other indecent acts that I continue to see within our Army formation. From where I sit, the pattern is pretty clear: the victim is likely a newly arrived Soldier who does not yet know whom to trust and wants to make friends. Alcohol and often under-age drinking is involved. There is the absence of a dependable buddy coming to the rescue, and it all takes place inside of our own wire, in our barracks area, in your homes. It is a sad face for sure, and a nightmare event for the victim that is preventable and should have never happened in 8th U.S. Army.

In 2006 there were almost 80 reported incidents of sexual assault in our formation. I am proud of many things

that 8th U.S. Army Soldiers accomplished last year, but I am not proud of the 80 sexual assaults that cast a heavy shadow over us all. The good news is that we are reporting these incidents when they occur, and we have invested in a program to triage them when they happen, but the bad news is that they are happening. Our Inspector General is currently inspecting our Sexual Assault Prevention and Response program. It is a necessary program, but my goal is to make SAPR irrelevant. If we are able to prevent sexual assaults from happening, we will not need the SAPR program. I believe that two of the first steps are using the Buddy System and avoiding alcohol abuse. I have asked the chain of command to put more presence in the barracks and the areas where our Soldiers like to hang out. This is not done to dampen your opportunity to have fun, but rather to ensure you are able to enjoy your free time in a safe environment. During the New Horizons Day message I asked for your help to eliminate sexual assault and the "blue on blue" as I call it. I ask each of you again, and your leaders to take this issue head on. The Soldier that will take advantage of another who may be incapacitated due to alcohol or any other reason is likely the same Soldier who will not risk his or her life to save yours. They have already demonstrated that they would leave a fallen comrade. Let's ensure that all Soldiers live by our Army Values and maintain the highest respect and commitment for each other, sworn to never leave a fallen comrade.

I am proud of all you do and the commitment you have made to our nation by serving abroad here in Korea with dignity and honor. Be safe, respect each other, set your personal goal and chase it, leave Korea a better Soldier and person. God Bless each of you and your families wherever they may be. ARMY STRONG...PACIFIC VICTORS!





"The Army is about people, and at the core of each of us as a Soldier are our Army values."  
- Lt. Gen. David P. Valcourt



# Cultural Immersion

**By Command Sgt. Maj. Barry Wheeler**

*Command Sergeant Major,*

*UNC/CFC/USFK/8th U.S. Army*

**E**very minute of your life in uniform you represent the United States and your fellow Soldiers. Every minute of every day you make a choice between Plan A, the right thing, and Plan B, the wrong thing. Bad headlines and negative perceptions come from a series of Plan B choices. Usually, you only read or hear about that last bad decision.

Those headlines and perceptions can get your fellow Soldiers killed because they can be used to recruit more terrorists. Those headlines can become the one kernel of truth used by terrorist propaganda.

Recently, local Korean television ran a show about how the behavior of foreigners is causing bars in one area to ban United States Forces Korea personnel from entering. This Yonhap Television News program comes on the heels of the sexual assault of an elderly woman committed by a USFK Soldier.

An excerpt from the program's translated transcript follows:

*(Hong-ik University area on a Saturday night)*

**Reporter:** *Three to four short-haired foreigners flirt with a Korean young lady as she walks past them. They yell and point their hands... The young lady who was passing by while talking on her phone moves away, it seems like she got scared. Foreigners trying to chat with Korean young ladies in the alley are easily seen.*

*(Interview with a local resident)*

**Resident:** *"To put it in easy words, I feel like they (foreigners) are harassing young ladies."*

**Reporter:** *"Is this seen daily?"*

**Resident:** *"Yes"*

**Reporter:** *It is normal to see foreigners drinking anywhere. There are even foreigners setting a bonfire and drinking on the street. Some urinate on the street while they are drunk, and some even kisses and hugs on the street where cars are driving by... These shameful behaviors last till dawn.*

*(Interview with a local merchant)*

**Reporter:** *"Are they heavily drunk?"*

**Merchant:** *"All of them are drunk, they move together with three to four people."*

Do not read this excerpt and say, "I have seen Koreans act like that." It's their country. You can urinate in your backyard, but if you urinate in your neighbor's backyard it becomes a problem.

So, if you boil the messages of that program down, you will see that to the Korean public "Soldiers" or "USFK" are currently synonymous with drunken, lecherous cretins. And perhaps in some hotter, drier part of the world, that story and others could be used to recruit people who will strap on bombs or plant IEDs. In short, from the small childish things to the big headline grabbing incidents, negative behaviors by Soldiers can contribute to lives lost in the war on terror.

In Korea, the current perception was not created in a vacuum, and it did not appear overnight. It was built.

Now, we have to un-build it. Every time you walk out of the gate you have an opportunity to repair this image or give it credence; fix it or make it worse; plan A or plan B.



"Every minute of your  
life you represent the  
United States and your  
fellow Soldiers."

- Command Sgt. Maj.  
Barry Wheeler





## Some information to keep in mind if you decide to drink.

### Responsible Drinking:

Responsible drinking is drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral or social obligations nor does it negatively impact their health, job performance or quality of life.

Do not leave your drink unattended!

Wine	Spirits	Beer	Soju
			
5 oz/142 ml of wine (12% alcohol)	1.5 oz/43 ml of spirits (40% alcohol)	12 oz/341 ml of regular strength beer (5% alcohol)	1.5 oz (one shot)/ 43 ml of Soju (20 - 45% alcohol)

*Irresponsible Drinking can result in serious consequences*



**That thing called underage drinking....** It does not matter whether or not you agree with it; you must still abide by it. If you are not 21 years of age, as a Soldier, you are not allowed to consume alcohol in Korea. Supporting an underage drinker by purchasing or providing alcohol is against the law. Either action will subject Soldiers to UCMJ action.

### Tips on drinking safer...

1. Eat before drinking and avoid drinking while on medication.
2. Before you celebrate ... designate. Identify a responsible driver or use public transportation.
3. Do not "chug" your drinks; drink slowly and make them last. Avoid high risk behaviors like bingeing.
4. Do not lose control of yourself and keep a buddy with you.

**H** Hungry  
**A** Angry  
**L** Lonely  
**T** Tired





# Every Leader Must Act Now To Prevent Sexual Assault-Not Later

"Sexual assault tears at the moral fibers of our unit formations, degrading our readiness," Lt. Gen. David P. Valcourt, 8th U.S. Army Commanding General.

"All leaders are responsible for preventing SEXUAL ASSAULT. Act now to educate your Soldiers on taking precautions and how to watch for red flags," Command Sgt. Maj. Barry C. Wheeler, command sergeant major for 8th U.S. Army, Combined Forces Korea, U.S. Forces Korea and the United Nations Command.

Consent - shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a perpetrator uses force, threat of force, coercion, or when the victim is asleep, incapacitated or unconscious.

**\*If your friend, lover, spouse or someone you just met is drunk or passed out because they consumed too much alcohol, he or she cannot give legal consent.\***

Make it a point to discuss with your Soldiers how each one can be more prepared, alert and assertive.

Reduce Your Risk...Use A.S.A.P.

**Be Aware  
Be Safe  
Be Alert  
Be Prepared**

**Don't Get Ahead**

158 from DSN

0505-764-5700 From Off Post

Once connected, you can be forwarded to the SARC in whichever area you need to report it. The Area I SARC is Tracey Miles, Area II SARC is Leah Holland, Area III SARC is Jocelyn Lashier and Area IV SARC Steve Mendez.

**RedFlags**

**... to watch out for in possible perpetrators**

You should be especially alert if you encounter a person who:

- Ignores, interrupts or makes fun of you.
- Sits or stands too close to you or stares at you.
- Has a reputation for being a "player."
- Drinks too much or uses drugs; tries to get you to use drugs or alcohol.
- Tries to touch or kiss you or gets into your "personal space" when you barely know him or her.
- Wants to be alone with you before getting to know you, or pressures you to be alone together.
- Does what he or she wants without asking what you want.
- Gets angry or sulks if he or she does not get what he or she wants.
- Pressures you to have sex, or tries to make you feel guilty for saying "no."

Question:

**How many people are estimated to die as a result of lung cancer for the year 2007?**

# Smoking Cessation

Some information on kicking the deadly habit

Answer:

**The American Cancer Society estimates 164,840 Americans will die as a result of lung cancer in the year 2007.**



# **If there was a food that contained 4,800 chemicals, 69 of which could leave you breathing through a tube, unable to walk and eventually cause your death, would you still eat it?**

**By Spc. Fay Conroy**  
*Webmaster/Staff Writer*

**E**very year more than 438,000 Americans die from a smoking related disease. Around 38,000 of those die from disease related to exposure from second hand smoke. Tobacco smokers are two times more likely to develop coronary heart disease, which is the leading cause of death in the United States, than non-smokers. Cancer, which is the second leading cause of death in the States, is also a side affect of smoking. Smoking causes cancer of the bladder, oral cavity, larynx, esophagus, kidney, lung and pancreas. Pregnant women who smoke put their unborn babies at risk for stillbirth, preterm delivery, low birth rate and sudden infant death syndrome.

With all of these devastating side affects, why do smokers continue to smoke?

People continue to smoke because nicotine is physi-cally addictive, in addition smoking can also have strong physiological addiction.

According to the American Heart Association, nicotine addiction is one of the hardest addictions to break.

"Sometimes it's the physiological addiction that's

harder to break just because of that normal habit. You get up, you have a cigarette; you eat, you have a cigarette; whatever those triggers are, you're under a lot of stress and you go have a cigarette. For some people it's amazing because they can actually light a cigarette and not know they've done it," said Tammy Duffy, health prevention coordinator with Morale, Welfare and Recreation's Health Prevention Office.

One of the reasons for the strong addiction is it takes only seven seconds for nicotine to reach the brain. Once there, it increases levels of dopamine within the reward circuits in the brain, which increases feelings of pleasure and emotions, according to the National Institute on Drug Abuse.

Because nicotine is so addictive, there will be some withdrawal symptoms.

I have been smoking for 10 years and have tried to quit five times. It has been five days since I quit this time and I feel really agitated and nervous, said Sgt. Josh Boey, non-commissioned officer in charge of the Orthopedic Clinic at 121 Combat Support Hospital.

"There are going to be the physical withdrawal symp-toms. Some people get nauseated and have other digestive problems, but as a whole it's the lack of concentration and the irritability," said Duffy.

However, the benefits of quitting smoking far outweigh the withdrawal symptoms, which usually only last for anywhere between a few days to several weeks.

According to the American Cancer Society, people who stop smoking before the age of 50 cut their risk of dying in the next 15 years in half compared to those who continue to smoke.

The Army offers a couple of options to those that want to quit.

"There are a lot of different choices. It depends on the individual. I've had some individuals come in and quit cold turkey and they do wonderful with it. There are other individuals where it sometimes takes three or four times through a program before they can actually quit. One of the key elements is they have to be ready to quit. It can't be their boss telling them, it can't be their wife, it can't be their children, although those are good motivating factors behind it, they have to be ready to make the choice," said Duffy.

Duffy offers individual programs for tobacco cessa-tion and 18th Medical Command offers group classes for smoking cessation.

To enroll in a smoking cessation classes call 736-6693.

Tammy Duffy can be reached at 738-5171.



## Park, Sang Joon: From teaching students to training guerillas



**Story by Spc. Brandon P. Moreno**  
*Assistant Editor*

**Photos by Cpl. Jun, Min Soo**  
*KATUSA Newspaper Editor*

**P**ark, Sang-Joon learned his hometown was in danger from a phone call.

"Mr. Park, please alert your neighbors. The north Korean Soldiers have crossed the 38th Parallel. They are invading South Korea," said the voice of the then police chief of Yunan on a warm and humid June morning.

On June 25, 1950 Park, standing no taller than 5-feet 8-inches with short dark hair that framed a poker face, lived in Yunan, a town situated about 12 miles south of the 38th Parallel, where he taught History and Art at the local high school and middle school. He was worried about the safety of his neighbors in his hometown. He did not know then that the phone call would spark an adventure that began as a move to keep his 13 through 22-year-old students from becoming soldiers for the North and end up

with him training those very students to become guerilla fighters.

Yunan is situated in the grain farming lands of north Korea's Hwanghae Province. It is often called "the bread basket" by north Koreans, Park said.

Previous to Mr. Park's talk on the phone with the police chief, north of the 38th Parallel, the leader of north Korea, Kim, Il-Sung prepared his troops for the beginning of an attack. Meanwhile, the South carried on with life as normal. They were in for a surprise.

"June 24, 1950, while the residents of Yunan were preparing for bed, the Republic of Korea Army Headquarters located next to what is now the Ministry of Defense had a dinner party at the Officers Club from 6 p.m. to 12 a.m. The attendees included some of the ROK Army's highest grade officers. One week prior to the dinner party, the ROK Army's only ordinance depot, located at what is now Camp Market, took all the heavy arms from the front line for an inspection. Ultimately, South Korea's defenses were down," Park said.

Fully equipped, north Korea was ready to take South Korea back.



"June 25, 1950, in the pre-dawn hours, 135,000 north Korean troops started crossing the line that separated north and South Korea, the 38th Parallel. South Korea only had 65,000 troops present for duty. In an agreement between Joseph Stalin, the General Secretary of the Communist Party of the Soviet Union's Central Committee, and Kim, Il Sung, The north Koreans were equipped with 150 T-34 tanks, 180 Russian aircraft including, 40 Yak-9 fighters and 70 attack bombers. By the afternoon of June 28, 1950, Seoul had been captured by the north Koreans," Park said.

Although fully equipped with the help of Russia, another Communist nation, north Korea still had some weaknesses.

"As the north Korean troops were ascending south, Kim Il-Sung was scared the areas he left unarmed and unmanned would be defenseless. Regardless of the situation, he still felt the need to push the troops south in order to gain back South Korea. To combat being left vulnerable and also to add to the amount of north Korean troops available, he drafted all males from middle school age to college age," Park said.

When the education office informed Park of Kim Il-Sung's plan, he became very alarmed.

"I became aware that my students were in trouble. Also I didn't agree with the Communist regime. At that time the Communist regime started to oust people of higher class by forfeiting their possessions. I had no intentions of fighting for their cause," Park said.

Park, like many other north Koreans, fled to neighboring islands with some of his students. Some of his other students fled into the mountains to join the forming partisan groups, while some of his students stayed behind.

"I was 16 years old when the war started. I considered myself just a regular guy standing at about 5 foot 8 inches. Before the war started, Park was our respected history teacher. Later in the war, my father and I fled to Kyodong Island where he was my commander," said Choi, In-Sik special aide to the commander of the Federation of Partisan Forces Korea.

Choi had the opportunity to leave with his father, but many of the students had to say goodbye to their parents all together.

"I'm sure as everything was happening, the parents that had to tell their children good-bye were filled with grief. It was impossible for the students to meet their parents at their homes. Indirectly, there may have been some method of communication by exchanging letters secretly with their parents and families through the churches that provided support for us," Park said.

The initial raid onto Kyodong Island was not easy for Park and his students.

"When we first arrived to Kyodong Island, we had to ration everything we owned, especially food. I remember one day when we were withdrawing from a portion of the hills, a native of the area came to us and prepared us a meal. In return we gave the native some medicine. I remember I looked him in the eyes and assured him that the U.N. forces would free his land in the near future," Park said.

Park and the other teachers who fled with him felt the need to continue educating their students.

"Most of the students who fled consisted of males. They fled to avoid being drafted. The teachers that fled assembled the students and educated them on democracy. They wanted the students to have a strong understanding on the difference between democracy and communism," Park said.

While on the Island, the students and teachers found ways of keeping themselves informed on the progression of the war.

"In the beginning of the war, we obtained most of our information from domestic newspapers that were brought to us by the students when they went into the towns to gather needed food and supplies. As the war progressed we established a G-2 and its main priority was to gather information on the strength of the enemy, the name and kind of unit in the area and ultimately what kind of supplies and firearms they had. 'Eventually the task of gathering information became easier when we were given a radio presented to us by a U.S. officer. He

brought the radio from Tokyo, Japan. This was much later though, well after the partisan groups from the hills joined us on Kyodong Island. In the beginning of the war when the students who hid in the hills would hear of the north Koreans presence in the area, they would go on missions to secretly subdue and kill the north Korean soldiers. By doing this, it provided them the opportunity to obtain needed supplies and weapons. They lived day to day with the constant fear of being discovered," Park said.

As time went on, the teachers and youth leaders began to realize that these students needed better training.

"When the students fled we also had officer and enlisted soldiers who followed. Like any refugee who fled with us, they too did not agree with the Communist regime. Eventually we gave these soldiers permission to teach the students fighting tactics. We also used a ROKA manual we had obtained. Later in the war when the U.S. got involved, we used their study guides too. The refugees also received care and backup support from the neighboring churches. The students, teachers and religious supporters were slowly evolving into something Korea had never really seen before," Park said.

Although many groups formed in the mountains of north Korea, most of the training was conducted on Kyodong Island.

"When I arrived to Kyodong with my father, I started training immediately. The training mainly consisted of order drills, running, handling of arms and explosives and map reading," Choi said.

As the war progressed, north Korea started to receive more help from their Communist allies.

"When the Chinese Communist Forces began helping north Korea, the U.N. was forced to the most southern part of South Korea. We were scared the North would finally have control over the whole Peninsula," Park said.

In the late summer of the first year of this ordeal, the war started to change.

"Finally by August of 1950, the 8th U.S. Army joined in the fight

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## THE STUDENTS BEGAN TO SECRETLY ATTACK THE NORTH KOREAN POLICE FACILITIES AND OBTAINED WEAPONS FOR USE.

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providing support. Sept. 15, 1950, there was a successful Incheon landing by Gen. Douglas MacArthur, U.N. commander in chief for Korea. By Sept. 28, 1950, Seoul was taken back by the U.N. The students' morale was raised to an all time high since the invasion, when they received this information. I remember we cheered and celebrated because for the first time, we had gained back a sense of hope. Maybe one day our lives might be normal again," Park said.

Besides gaining back a sense of hope, Park also saw this as an opportunity to retaliate. The students began to secretly attack the north Korean Police facilities and obtain weapons for use.

"We also attacked north Korean bunkers, trenches, check points, ammunition supply dumps, petroleum, oil and lubricant storage facilities, trucks, telephone poles and wires, and command posts. By doing this, the students provided backup support for the incoming U.N. They weakened the north Korean forces making it easier for the U.N. to come in and take over," Park said.

Although Park can comfortably sit down and discuss these attacks with an unwavering poker face, it was not easy for him

"I remember in the beginning, I would watch as my subordinates (soldiers) would fall to the ground on these unconventional battle fields. I would become congested with a pain in my heart and my eyes would turn red with anger and sadness. I was filled with the sole thought of winning this war as soon as possible. I dreamed of

raising a triumphant flag, flapping in the wind of my hometown as my town recovered from the invasion of the Communist," Park said.

As the war continued, the north Koreans were pushed past the 38th Parallel and although things were stabilized, Gen. MacArthur was not finished.

"Gen. MacArthur agreed with the idea of uniting all of Korea under the rule of South Korea's President, Rhee, Syngman. Also, America was still involved with the Cold War and China was a huge threat. The U.N. continued pushing the Communist forces north. At the same time, China was very much afraid that the U.N. might take this war past the Yalu River and into China," Park said.

As the war progressed, the Americans came dangerously close to the Chinese border.

"By the time the fall season rolled in, the north Koreans had been forced almost to the Chinese border. This would later become a problem," Park said.

At the same time, the students were still very much involved with the war effort.

"When the north Koreans were pushed all the way up north, much of the area left behind was vacant leaving many of the people vulnerable to the effects of crime. The students and the teachers yet again organized a group. In a way, these students and teachers became the police for the towns that resided in the Hwanghae province," Park said.

By the time it was late fall, the

tension between the U.N. and China had reached an all time high. Fearful of what might come from the American threat, the Chinese planned a counter-attack.

"In November of 1950, the Chinese had organized an all out retaliation against the U.N. forcing them South and out of north Korea," Park said.

Meanwhile the students had to devise another plan. They were no longer safe from the north Korean threat.

"When we heard of the Chinese fighting back, we had to come up with a different plan. The possibility of us getting caught was high and we didn't want to be jailed for fighting against the communist forces or even worse, executed. We decided to evacuate back to the neighboring islands in the Yellow and East Seas," Park said.

Park decided to evacuate to a familiar island on the Yellow Sea, which would prove to be a convenient location.

"I left with my students once again to Kyodong. It was a good location because my students and I were familiar with the towns and cities in the neighboring Hwanghae Province," Park said.

The students and teachers realized they needed supplies following their arrival to the island.

"In order to fill these needs, we started to infiltrate the small towns using the aid of our families and friends who still resided there. We would cross the water that separated us by using paddle boats and boats equipped with small motors in the darkness of the night," Park said.

Although the Partisan Forces had started to form before the war, Partisan Forces were now an evident and established force working against the Communist regime.

"The Republic of Korea Army and the U.N. realized that these small Partisan groups could potentially prove to be a very crucial resource when it came to collecting intelligence from north Korea. Nov. 27, 1951, the 8th U.S. Army supplied us with weapons. We started to do small attacks on the Chinese and north Koreans," Park said.

As Park and his students fought the Communist forces, the U.N. was



still being forced south.

"By the time January arrived, most of the Partisan groups in the Hwanghae Province had evacuated to all the neighboring islands. It was not safe for any opposing force to be on the mainland anymore," Park said.

As the fighting continued, the Partisan groups became more organized and strategic.

"Mar. 27, 1950, the Republic of Korea announced that we were to be called the Highly Intelligent Detachment. Not too long after, the U.N. started to refer to us as the Donkey Units," Park said.

In the beginning of the war, they trained in secret locations, but with the help of the U.S. and the ROK Army, the Donkey Units could now receive training on an operational base from trained military personnel.

"We organized many training bases where we would learn offshore and airborne tactics. I received most of my training on Paengyong-do," Park said.

Park learned both types of training, but continued to specialize in what he had originally started.

"Like my men, I too could perform airborne operations, but I preferred to use the paddle boat method to infiltrate north Korea. I used the paddle boat method for a long time. We had to eventually stop when the north Koreans grew wise of our operations and tightened their security.

"I remember when news spread in north Korea of our hit and run attacks, they began tightening security along the shore. Also, they started to lay mines along the beaches. We countered this by using a different strategy. We would have two groups head out one that was going west, and one east. One of the groups would make a lot of noise and eventually turn around buying time for the other group to silently come in and do a hit and run attack. This worked up until the Nodong Daily, the north Korean's government newspaper, put word out to watch for any incoming boats and to check the sky for anything that looks suspicious," Park said.

When Gen. MacArthur heard of the news, the Nodong Daily had announced, he decided to put his two

cents in.

"I remember when Gen. MacArthur heard of the Nodong Daily putting out information on tightening security, some of our men dressed up in Nazi World War II uniforms. I'm pretty sure the north Koreans felt quite baffled when they saw Germans parachuting into their country," Park said.

Although there were some light-hearted moments, Korea was still at war, and it was no easy ordeal.

"I remember when we first started airborne operations, I had twelve of my men jump into north Korea. The mission was not very successful. Ten of the men who initially jumped died and the two who survived were captured, tortured and executed. After waiting for a very long time, we received word of this. It fills me with pain to this day, but at the time it only added to my fired passion of stopping the communist threat in Korea," Park said.

The fighting and organizing continued like this for a year. Big changes didn't happen in the unit until Aug. of 1951.

"Aug. 17, 1951, we were officially named the Tiger Brigade and activated as a recognized Partisan Fighting Force. I remember by this time, we had 10,000 refugees living on the island. When the news spread about the birth of the Tiger Brigade, all the people celebrated and there was a parade. On Nov. 27, 1952, I was promoted to commander of The Tiger Brigade 8240," Park said.

As commander of the Tiger Brigade 8240, Park continued to fight along-side his men and began to provide hope to north Korean civilians.

"I remember Gen. MacArthur urged me not to fight, but I couldn't idly sit by and watch my men fight and die. As time went by, we started to rescue more and more north Korean civilians. We set up a system where the north Koreans would sew a piece of silk, with the special Tiger Brigade emblem pressed into it, on the inside of their sleeves. If they showed us this, we knew they were on our side and wanted to be saved. All together we freed 83,500 north Korean refugees. I know there were many more who wanted to be rescued and to this day, I am agonized by the thought of my

people still waiting for me, still wearing that piece of silk on the inside of their sleeve," Park said.

Throughout the war, Park infiltrated north Korea 324 times, performed 68 airborne jumps and was wounded twice. Although it is not only what he did as an individual, but his leadership skills as a commander that everyone remembers him for.

"As commander of the Tiger Brigade, we ended up killing 2,746 enemies, wounding 3,151 enemies, held 213 enemies prisoner and had 167 enemies surrender. We stole 116 hand grenades, one truck, one heavy machine gun, 22 light machine guns, 748 mines, three telephones, 410 rifles and 85,000 rounds of ammo. We destroyed 25 bridges, 30 trucks, 102 buildings, 6 tractors, 13 wagons, 678 trenches and one very large boat. When you think about it, I was on a mission just about every other day for three years," Park said.

Park did a lot for his men, the north Korean citizens, South Korea and the U.N. To this day, a lot of the credit for the Tiger Brigades efforts is given to him. Truthfully though, He feels the credit should be given to someone else.

"The credit for all of our success should be given to our families. It was the families who provided us with sustenance on our missions. It was our families who provided us with information and made our missions successful. It is our families that still live in north Korea to this day. They are the ones who made it all possible," Park said.

By fighting against the Communist regime, he ended up transforming his life from a school teacher to the commander of a partisan force. In essence he ended up changing the world for what he believed in.

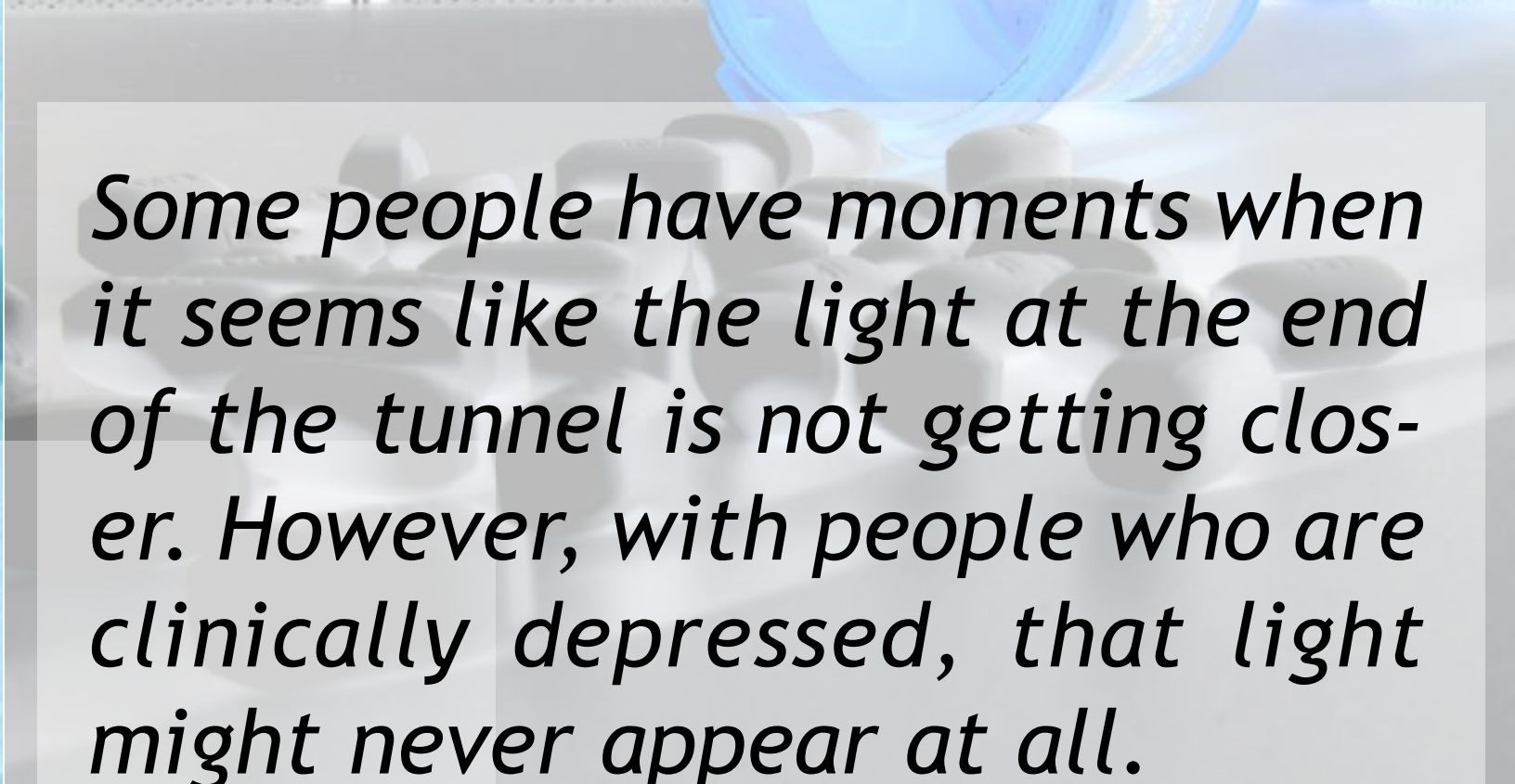
Park is now a resident of South Korea and is the president of the Hwanghae Province Society Federation of War Veterans 8240 Army Units, Partisan Forces Korea, where he works with many of the soldiers he fought with during the war. To this day, there is still a little over one thousand soldiers from the Tiger Brigade 8240 still alive.



# Suicide Prevention

Suicide is the third leading cause of death among active-duty personnel in peacetime after accidents and homicide, according to the *The Resource Manual for the United States Army* which was compiled by the American Association of Suicidology and the U.S. Army Center for Health Promotion and Preventive Medicine.





*Some people have moments when it seems like the light at the end of the tunnel is not getting closer. However, with people who are clinically depressed, that light might never appear at all.*

**By Spc. Fay Conroy**  
Webmaster/Staff Writer

**T**hose suffering from depression may feel everything is hopeless, be anxious/irritable, have trouble making decisions, lose interest in things that they used to enjoy, feel guilty or worthless, and may even contemplate suicide.

According to the *The Resource Manual for the United States Army*, which was compiled by the American Association of Suicidology and the U.S. Army Center for Health Promotion and Preventive Medicine, suicide is the third leading cause of death among active-duty personnel in peacetime U.S. Armed Forces after accidents and homicide.

The manual goes on to point out that the suicide rates for military members are significantly lower when compared to the general population, but since “seriously disturbed” and “maladjusted” people are supposedly rejected for military service, the numbers are alarmingly high.

While it is normal to feel depressed after certain life-altering events such as the break up of a relationship, stress or problems at work, or a serious accident, for some people the feelings of worthlessness and guilt are too much for them to handle.

It is important to be able to recognize the behavior of someone who may be considering suicide.

According to ([www.webmd.com](http://www.webmd.com)) WebMD, the warn-

ing signs of someone who may be considering suicide are depression, depression followed by sudden cheerfulness and contentment, a previous suicide attempt, alcohol or substance abuse, death of a spouse or family member, divorce, failing relationships, poor job performance, preoccupation with death in conversations, or giving away personal possessions.

In order to alert the Army community to the signs of someone who might be contemplating suicide, the Army holds suicide awareness programs regularly.

In addition, as outlined in Army Regulation 600-63, every Army installation has an Army Suicide Prevention Program, which is set up to raise awareness of the problem through training personnel in suicide risk identification.

There are many support systems available to those who are experiencing feelings of severe depression. Doctors and mental health professionals are available and chaplains are always available for counseling. The responsibility of recognizing individuals that may need help falls on everyone.

“Support is critical prior to the emergency of suicide. However, support is also an important part of the screen, spot and secure prevention components, and therefore must be present prior to, during and after a crisis. The Army Structure and Leadership are the central components of this support,” reports *the Resource Manual For the United States Army*.

If it is noticed that someone is exhibiting signs of a suicide risk, notify those in your chain of command immediately.

# A Few Tips On Living A Healthier Life

**Story and Photos By**  
**Capt. Stacy Ouellette**  
*8th U.S. Army Public Affairs*

**A**s April, the month the new weight standards go into effect gets closer, many Soldiers are trying to shed extra pounds and get healthier. Meanwhile, many civilians are trying to meet New Year's health resolutions.

Soldiers and civilians could do a lot of things - fad diets, pills and gimmicks - to help them reverse the ravages of bad habits, or they could turn to a working mother of four to get lean for life - Tammy Duffy.

Being a military spouse who is also trying to finish a Master of Science in Health Education/Health Promotion Programs, Duffy said she understands how a busy schedule can tempt someone to scratch physical fitness off of his or her schedule.

But busy and fit can co-exist, and part of her full-time job as the Area II Health Promotion Coordinator is to teach and coach individuals on how to get a healthy lifestyle back into their schedules. She does this in either one-on-one, group or unit based settings, said the Cooper Institute certified Fitness Specialist.

"As a society, we have deplorable eating and exercise habits. I want individuals to be knowledgeable about their lifestyle choices. But I also want them to learn that changing or creating a habit takes time, and they should only try to change one habit at a time," she said.

Duffy offers classes in nutrition, fitness, weight management, drug and alcohol education, tobacco cessation, tobacco education and stress management. She also manages the Civilian Fit to Win and hypertension screening and education programs. Her overall goal is to help others improve their individual health. But she does have her favorite milestone.

"My goal for all participants is an increase in cardiovascular health. The majority of the individuals join to learn healthier lifestyle habits, although I have had some dedicated individuals lose significant amounts of weight, inches, and body fat," said Duffy.

As a former educator, she is able to instruct classes that get participants involved.

"I try to incorporate different learning styles into my lessons. Some individuals learn by hearing, others by seeing, and some by doing, so I try to reach the cognitive, affective and psychomotor elements of learning," said Duffy who holds a Bachelor of Arts degree in Physical Education, Health Education and Athletic Training.

Incorporating the elements of fitness: cardio respiratory, strength, endurance, flexibility and balance ... are always a part of her exercise plans, Duffy said.

Along with workouts, she also provides free screenings for diseases such as hypertension, a silent killer. As a contributor to heart disease and stroke, it is imperative to catch problems early on. Without knowledge, hypertension can have deadly end results. Screenings are free and necessary to prevent future health issues, she said.

"The Civilian Fitness Program is designed by the United States Army Center for Health Promotion and Preventive Medicine. It is tailored for DA civilian employees and offers them three grant hours of duty time weekly for six months to implement a fitness program," Duffy said.

Participants are required to meet with her monthly or attend specific classes predetermined by Duffy. She is quick to warn that she is not authorized to work with individuals with chronic health conditions, such as diabetes, individuals with a history of eating disorders, or individuals with food related illnesses.

Department of Defense employees and family members may take part in any of the programs offered. Individuals who are more than 40 for males and more than 50 for females or have chronic health conditions who wish to participate in the Fit to Win program must have a current physical and physician approval. For more information about programs offered, contact Duffy at [tammyj.duffy@korea.army.mil](mailto:tammyj.duffy@korea.army.mil) or call 738-5171.

"[My job] gives me an opportunity to use my education, share my knowledge, and hopefully inspire a few people to change bad habits into good habits," Duffy said.





**Bell peppers are ideal for losing weight. They are high in dietary fiber and vitamins A, C, E, K and B6.**



**Pistachios are high in vitamin B6 and thiamine. They are ideal for supporting prostate health.**



**Bananas are high in vitamins B and C. They are also high in dietary fiber, potassium and manganese.**



**Apples are high in fiber and vitamin C. They are ideal for weight loss.**



**Pears are ideal for weight loss. They are high in vitamins C and A. They are also high in dietary fiber, niacin and potassium.**



**Broccoli is high in vitamins A, C, K, B6 and E. It is also high in folate, Potassium, manganese, protein, thiamin, riboflavin, pantothenic acid, calcium and magnesium.**





**Lean Six Sigma is one of the main tools of change in the Secretary of the Army's Business Transformation initiative, which aims to more effectively support the war-fighter through streamlining the support processes.**





# So far the 8th U.S. Army has managed to save \$11 million using the Lean Six Sigma Process.

**By Spc. Brandon Moreno**  
*Assistant Editor*

**M**ost people would agree that wasting money and resources is not a practical way of doing business. The Army has not only taken this thought into consideration, but invested in a new program that will change the way the Army goes about business practices.

Lean Six Sigma is one of the main tools of change in the Secretary of the Army's Business Transformation initiative, which aims to more effectively support the warfighter through streamlining the support processes.

"The Army has many demands with limited resources. In order to combat this problem, the Lean Six Sigma program teaches its students ways to minimize waste, reduce non-value added actions and cut time. By doing this, the Army can save money," said Lt. Col. David A. Williams, a resource manager with the 2nd Infantry Division.

Lean Six Sigma is being used to re-engineer Army business processes to achieve greater efficiency, improve quality, decrease cycle time and reduce cost. The Army is rapidly transforming using Lean Six Sigma methodology and lessons learned.

"I remember initially 8th U.S. Army had more requirements for training than we had allocated resources. Over the life of the budget problem, it was clear that the resources and money we had was slowly diminishing. We still had to accomplish the mission of budgeting out our resources in order to keep the system functioning.

So I went to the boss with a written resolution using the Lean Six Sigma process," said George Filbeck, G-3 Training Deputy.

People have seen the Lean Six Sigma process does work when applied to Army business practices.

"Based on the time we have implemented the Lean Six Sigma process in the way the 8th U.S. Army goes about business practices, we have managed to generate 11 million dollars in savings. The Lean Six Sigma process does work, we just have to keep an open mind, apply ourselves and learn those tools taught to us through Lean Six Sigma. It's amazing to see the cost saving ideas the green belts come back to me with," Filbeck said.

Like any school, these classes group these individuals into different categories depending on how much training the students have received.

"It takes about a month to receive green belt certification and six months for black belt certification," said Maj. Kevin Reszka, deputy resource manager for 19th Sustainment Command Expeditionary.

Units Army-wide are applying Lean Six Sigma methodology to all business resourcing, management and acquisition processes to become more effective, improve quality, reduce cycle time and achieve cost reductions.

Just as the Army is leveraging the lessons of war to improve fighting effectiveness, it is also applying relevant corporate based practices to improve our business processes and maximize use of our financial, human and materiel resources.

"If I can take the money we have saved by using the Lean Six Sigma process and put it into quality of life programs, I know I have done my job," said Lt. Gen. David Valcourt, 8th U.S. Army Commanding General.





*Photo by Spc. Fay Conroy*



*Photo by Spc. Fay Conroy*

# SEJOONG TRADITIONAL STONE MUSEUM

**By Sgt. Kim, Hyung Jin**  
*KATUSA Newspaper Editor*

**S**ejoong Old Stone Museum is a large outdoor museum located in the middle of a quiet forest. It exhibits about 10,000 Korean traditional stone sculptures from all around Korea from a variety of eras (New Stone Age to Chosun Dynasty). The founder of this museum, Chun, Shin-il, collected these stone sculptures for 20 years. His intention was to save these sculptures from being destroyed or unlawfully exported to foreign countries.

The museum is divided into 14 sections. Each section is indexed by era, region or theme.

Just by walking through the 14 sections, you can see all kinds of stone guardians, tombstones, stone towers, Buddhist images and other types of stone sculptures that show the traditional beauty of Korea.

The museum is in Yong-in, a city one hour south of Seoul. As it is in the middle of a forest, it is a little bit difficult to get there. If you are going by mass transportation, go to Nam-bu Bus Terminal (Subway line No.3). There is a bus that leaves to Yong-in every 20 minutes, it will cost 2,400 Won. Get off the bus at Yang-ji. Yong-in Bus Terminal is there and the museum has its own shuttle bus from there. If you are going by your own vehicle, ride Highway No.50 (Young-dong) and at Yang-ji Interchange, get off of the highway and take a right turn at the overpass. Go to Yang-ji intersection, take a right turn and follow the sign that says Asiana Golf Club. While following the sign, you can see signs of the museum. The museum will be on your left.







Photo by Spc. Fay Conroy



Photo by Spc. Brandon P. Moreno



Photo by Staff Sgt. Sadie Bleistein



Photo by Spc. Brandon P. Moreno



Photo by Staff Sgt. Sadie Bleistein




Photo by Spc. Brandon P. Moreno



Photo by Spc. Brandon P. Moreno  
ROK STEADY | 23



# A Continuation In Education



Korean Augmentees to the United States Army can now take classes at the University of Maryland University College Asia

**By Cpl. Kim, Jae Hwan**  
*KATUSA Newspaper Staff Writer*

**M**any Korean Augmentees to the United States Army dream of studying in the United States. However, studying in the U.S. is hard in many aspects. It requires a lot of effort to register for universities in the U.S. In addition, it takes a lot of money for tuition and cost of living.

The University of Maryland University College Asia, brings the U.S. university experience to KATUSAs.

Located on most installations, UMUC offers two ways for KATUSAs to attend classes. One is for audit and the other is for credit.

The KATUSA Audit Program, established in December 1989 to give KATUSAs an opportunity to take classes at an American University, offers classes for free, but the KATUSA must submit his scores from the Test of English as a Foreign Language. However, there are some limits on the KATUSA Audit Program. KATUSAs can take only off-line classes through the Audit Program and can not get English or Math classes. KATUSAs should submit a KATUSA Audit Program Application to UMUC Asia with a signature from their unit commander.

The other is paying tuition. Tuition costs \$172 a credit, and is more expensive than summer or winter semesters in Korean universities. However, it is cheaper than getting on-line UMUC classes from off-post, which cost \$444 a credit. KATUSAs can get both on-line and off-line classes if they use this method. They can get one or two subjects they are interested in, or they can apply for Certificate Programs, Associate Degrees, Bachelor of Arts or Bachelor of Science Degrees in UMUC Asia. Certificate Programs require 18 credits, Associate Degrees require 60 credits, and Bachelor of Arts and Bachelor of Science Degrees require 120 credits for completion, but it is not impossible to finish.

"Students can submit their transcript to the academic advisor of UMUC Asia after they receive six credits. Then the academic advisor checks whether the subjects they need

for completion of a degree are the same with those they received in their mother university and explains to them what they will need in UMUC Asia," said Community Relations Manager of UMUC Asia, Kim, Sue Hui.

In other words, credits which students earned in their mother university can be transferred to the UMUC Asia. Kim also said those programs are worth finishing for KATUSAs because those who completed the UMUC Asia program can be more competitive in the job market than others who did not.

Students can also transfer credits they received in UMUC Asia to their mother university. However, not every university acknowledges credits from UMUC Asia. KATUSAs who have classes from UMUC Asia for credit transfer should ask the academic affairs department in their mother university if they accept them prior to attending. KATUSAs who want to take classes should submit an application of entrance, admission fee(\$30), transcript of mother university, confirmation of unit assignment, KATUSA identification card, Korean resident card and score card of TOEFL(Computer-Based Test) above 213 or a transcript which proves the applicant studied in an American university for more than one year. KATUSAs can not use programs in UMUC Asia after they finish their military service unless they reenlist in the U. S. Army, so they should think carefully when they apply for programs. Students can see a timetable of on-line classes and off-line classes at UMUC Asia internet homepage "[www.asia.umuc.edu](http://www.asia.umuc.edu)." For more questions, contact UMUC Asia located in the education center.

The University of Maryland University College was founded in 1947 and provided off-campus courses at the Pentagon and other sites in the Washington, D.C. area. In 1949, this concept was extended to Europe and UMUC opened the European Division with courses at six sites in Germany. In 1956, UMUC Asia was founded, and courses were provided at 40 American installations in South Korea, Japan and Okinawa. The 50th Anniversary of UMUC Asia was in 2006, and UMUC Asia has education centers in 14 United States Forces Korea installations such as K-16 and Osan Air Base.



Programs	Credits Required	Areas of Study	Maximum Number of Credits Transferred from Regionally Accredited Institutions ref. 1	Maximum Number of Credits Transferred from Regionally Accredited Institutions ref.
Certificate Program	18 credits	Accounting, Korean Studies, Computer Studies, Management, Japanese Studies	9 credits	9 credits
Associate Degree	60 credits	Subjects in Certificate Program Management Studies, General Curriculum, Mathematics	45 credits	45 credits
Bachelor of Arts or Bachelor of Science Degree	120 credits	Accounting, Asian Studies, History, Business Administration, Human Resource Management, Communication Studies, Information Systems Management, English, Psychology,	90 credits	60 credits

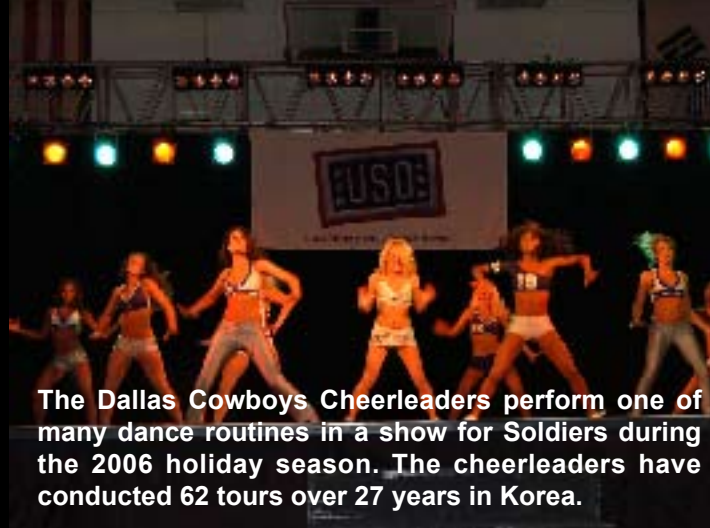
[ref 1-enrolled or graduated university

[ref 2-enrolled or graduated college or only took subjects for freshmen or sophomore in the university

## Year 2006-2007 UMUC Asia Academic Schedule

	Conventional Courses (Off-line classes)		Distance Education (On-line Classes)	
	Registration Dates	Term Dates	Registration Dates	Term Dates
Term 3	2007.1.8 - 2007.1-19	2007.1.22 - 2007.3.17	2007.11.20- 2007.1-19	2007.1.29 - 2007.4.29
Term 4	2007.3.19 - 2007.3.30	2007.4.2- 2007.5.26	2007.2.12 - 2007.3.30	2007.4.9 - 2007.7.6.
Term 5	2007.5.21 - 2007.6.1	2007.6.4 - 2007.7.28	2007.4.23 - 2007.6.1	2007.6.4 - 2007.8.19

# BOSS



The Dallas Cowboys Cheerleaders perform one of many dance routines in a show for Soldiers during the 2006 holiday season. The cheerleaders have conducted 62 tours over 27 years in Korea.

**Story By Pfc. David Alvarado**

*Staff Writer*

**Photos Courtesy of BOSS**

**W**hen most unaccompanied Soldiers arrive in Korea, they are faced with the pressures of starting a new life in a country that is thousands of miles away from the place they call home.

Luckily, for Chattanooga, Tenn., native Pfc. Carla Weland, the Better Opportunities for Single (and Unaccompanied) Soldiers program in Korea, was there to ease the pressure.

"Last summer, I had the opportunity of meeting new Soldiers on the BOSS casino cruise, said 25-year-old We-

land, Headquarters and Headquarters Company 8th U.S. Army Nuclear, Biological and Chemical, Troop Command.

I was able to make new friends and see the culture of Korea. When you're away from home, all you have are the people around you. The support of those people is what helps me get through this tour."

BOSS is an organization that allows Soldiers to get off post and jump into the Korean culture.

"When you have Soldiers who are new to Korea and they only stay in their barracks and drink, they may find their quality of life to be very low," said Pfc. Joshua Present, Headquarters and Headquarters Company 8th U.S. Army BOSS Representative and Yongsan BOSS Council Vice President. "BOSS gets you out of the barracks and gets you involved in the community."

The BOSS program serves as more than a weekend activity. Aside from recreational activities, BOSS was created

to unite Soldiers through community service and improve their quality of life," said Present.

One way to get involved is by giving back to the local community by teaching English to children in Korean schools. Through the United Service Organization's Good Neighbor Program, BOSS allows Soldiers to enhance the education of Korean children.

With BOSS, Soldiers have the opportunity to be good mentors and impact children with an impression they can carry on with them for the rest of their lives, said Present.

Teaching children not only strengthens the bond with our local community, but it also builds character and develops great leadership skills, Present said.

BOSS can improve a Soldier's quality of life through service, it can improve their standards of living. It is here to help with a leak in a building, mold on the ceiling, a broken heater or something else that may lower living standards.

To get started on having an issue fixed, first file a quality of life issue form with BOSS. Whether a single, married or an unaccompanied Soldier, anyone can file an issue, Present said.

Department of the Army Form 7380 governs any issue pertaining to quality of life. Every company's BOSS representative can provide the form.

After the form is submitted, the BOSS representative is responsible for taking that issue to the company's chain of command, Present said. Issues that are not resolved through the company's chain of command are taken to the Area installation commander.

If the issue is not resolved at the installation level, it is taken to the installation Army Family Action Plan

## Better Opportunities for Single and Unaccompanied Soldiers

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**A Soldier enjoys his four-day weekend snowboarding at Yongpyeong Ski Resort February 19, 2007. Soldiers were able to compete in ski and snowboard events at BOSS' Winter Games.**



**Singer Anthony Hamilton gets one of the guests to stand up and dance with him while performing at the Collier Field House, Yongsan, during the summer of 06.**



# Better Opportunities for Single and Unaccompanied Soldiers

coordinator. From there, it is released by the installation commander to go forward to the Major Army Command AFAP, according to the BOSS Korea Web site.

On average, issues are taken care of at the company level. However, it is encouraged that Soldiers go through their chain of command first.

While some issues do not require a Soldier to go through their chain of command, an issue with someone who provides services on post or something that the commander has no control of, they can report it to BOSS.

To be a part of BOSS or to hold a spot as a representative, the only requirement is to be an active duty Soldier.

“We’re always looking for more representatives,” Present said. “The more representatives we have, the more events we’ll be able to hold, which will make the prices of events lower for everyone.

A major goal for BOSS this year is to see more representatives getting involved in the community making a difference,” he said.

For more information about BOSS in Korea contact the 8th U.S. Army Korea Region BOSS representative at Defense Switched Network 725-3178.

You can also visit BOSS on the web at <http://mwr.korea.army.mil/boss.htm>.



A group of Soldiers take a time-out to pose at the Yongpyeong Ski Resort. The Soldiers competed in ski and snowboard events at the BOSS Winter Games Feb. 18-20, 2007.





Korean dancers perform a traditional fan dance at the BOSS Korea Region Forum February 1, 2007. Every year, Korea BOSS representatives hold a forum to discuss the program's goals for the year ahead.



The Charlie Daniels Band performs for Soldiers at Yongsan Garrison October 21, 2006. The concert was hosted by BOSS and the Korea Region MWR.



# 121st COMBAT SUPPORT HOSPITAL

## The General Support Hospital transforms into a modular unit ready to deploy and provide quality care for Soldiers

**Story by Spc. Fay Conroy**

*Webmaster/Staff Writer*

**Photos by Pfc. David Alvarado**

*Staff Writer*

**A**s recent visitors to 121st Combat Support Hospital may know, the hospital has been undergoing an extensive face lift. Before October 2006, 121st CSH was known as 121 General Support Hospital.

“The conversion from a general hospital to the combat support hospital is actually part of the previous medical department transformation: the medical re-engineering initiative,” said Lt. Col. Mark Wilhite, deputy commander and troop commander for 121st CSH. “We’re actually the last general hospital to convert to a CSH.”

Formerly called Mobile Army Surgical Hospitals, the units have been renamed “combat support hospitals.” As the name suggests, these units are required to be able to pick up and move to combat areas if hostilities break out.

“What the conversion to a CSH did is take us to a more modular configuration, which allows us to pick and choose and build medical support on the battlefield whereas a general hospital you go set it up and you provide care,” said Wilhite. “The conversion to a

combat support hospital allows us to build pieces to part the emergency medical section with one Intensive Care Unit and then add an additional ICU if we need to or to add intermediate care wards. It just gives us more flexibility in tailoring the force package for the battlefield.”

While the new name did not have much of an effect on the day-to-day routine, the renovations have had more of an impact on the Soldiers who work there.

“As far as patient care goes, it’s pretty much still the same, the only difference is the new equipment. It’s a lot more high tech here now,” said Pfc. Sylvia Price, an emergency room healthcare specialist at 121st CSH.

Overseen by the Health Facility Project Office-Korea, the renovations were started in 2000.

The HFPOK acts as a representative for the Surgeon General’s Office and coordinates with the U.S. Army Corps of Engineers on the project.

“I can tell you that for the Army, especially with this building, their focus is not only to modernize and give better patient care, but also safety,” said Capt. Eduardo Rosa, project officer for HFPOK.

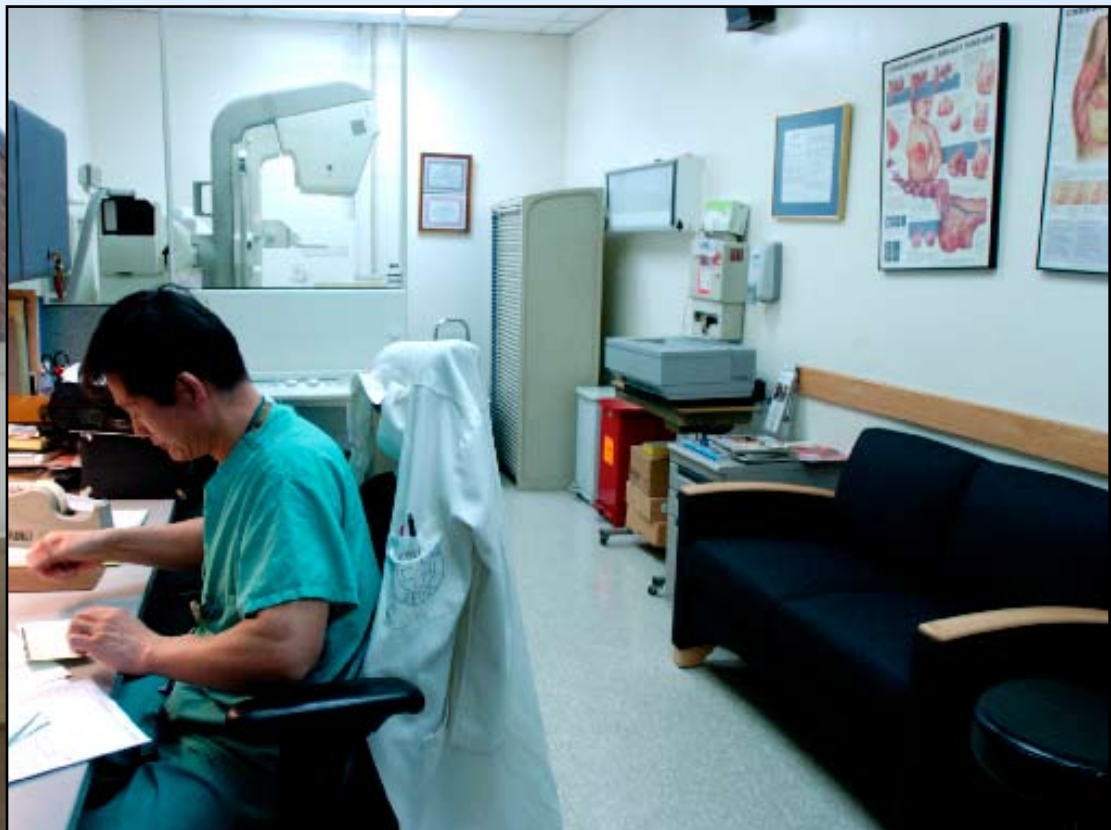
In the next phase of the project the facilities in the north tower will be relocated and the inside of the tower will be demolished and renovated, said William Short, the project manager.

The renovations are scheduled to be completed by July 08.





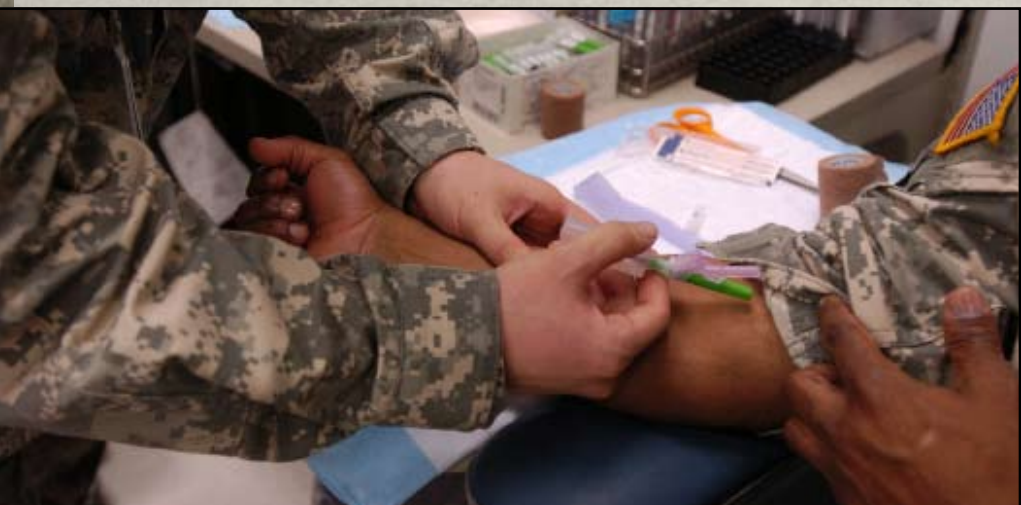
A KATUSA examines the results of a urinalysis tests.



New labs give doctors more room to work in from the recent renovations.



A civilian lab worker examines blood samples.



A KATUSA medic demonstrates how to start an intravenous infusion, IV.



A civilian lab worker separates red blood cells from plasma.



# KSCs CONDUCT SLINGLOAD TRAINING



(Left) Ho, Chae, 6th KSC Co., gathers the netting used to prepare an engine box for airlift.



Pae, Chong Song and Yun, Tong Su, 37th KSC Co., tape

**Story and Photos by Sgt. Jimmy Norris**  
*19th ESC Public Affairs*

**I**t's a short list of units who can lift one of the Army's High Mobility Multipurpose Wheeled Vehicles off of the ground and move it from one destination to another, and no one from the 37th or 6th Korean Service Corps Companies is on that list.

Luckily, they won't have to, because members of both companies received sling load training from Soldiers in the 501st Sustainment Brigade at Camp Carroll's helipad.

During a one-day course, 17 members of the KSC learned to prepare various types of equipment for transport via helicopter using numerous types of slings, ropes and nets. Although a helicopter was not available, participants simulated one using a crane.

"We're hoping to follow up this training using real helicopters sometime after the holidays," said Materiel Support Center – Korea KSC coordinator Rick Patton.





**HMMWV windows to prevent breakage during transport.**



**Kang, Kon Uk, 37th KSC Co., Sgt. 1st Class Courtney Brown HHC 501st SBDE and Chang, Song Nak, 6th KSC Co., attach a HMMWV to a crane.**

Patton went on to explain that the KSC is an organization which provides maintenance, supply and heavy labor support to U.S. forces in Korea.

"Sling load training is one of 11 battle tasks for KSCs during both contingency and armistice," said Patton. "This training was a golden opportunity for them."

Participants spent the first half of the day in a classroom at Camp Carroll's small arms range, where instructors Sgt. 1st Class Courtney Brown, Headquarters and Headquarters Company, 501st STBE and Sgt. Justin Kim, 595th Maintenance Company, went over the basics of sling load equipment, safety and hand signals.

Brown used printed handouts, visual aids and a translator to bridge the language gap between herself and the students.

"It was easy to teach them, even with the language barrier," said Brown, who spent two years as a sling load instructor at Fort Lee, Va. "They went into this with a lot of enthusiasm and great attitudes."

In the afternoon, students went outside to receive the hands-on portion of their training.

"You learn more with hands-on training than you do when you're in a classroom," explained Brown.

During this portion of the training, instructors helped KSC members prepare a HMMWV for airlift by removing the canvass cover from the top, taping mirrors and windows and attaching a series of specialized rope-like devices referred to as sling legs.

Students demonstrated their proficiency at preparing the HMMWV for transport by attaching the prepared sling legs to the hook on a crane, then watching as the vehicle left the ground.

The class went on to perform similar operations using a net and an engine container.

"The training was a lot of fun and the instructors were very helpful," said Lee, Sang Yong, 37th KSC Co. "I'm looking forward to trying this training with actual helicopters."



# Bowling with the BODS



Lt. Col. Newman Graves, HHC 19th ESC operations, shows off his form at the CG's Monthly Community Event.



Capt. Bailey Brown, HHC 19th ESC, celebrates impending victory with Maj. Stephen Redmon.



Spc. Crystal Thrasher, HHC 19th ESC personnel, sends one down the lanes in hopes of a strike.

Story and Photos by Pvt Suk,  
Kyung Chul  
19<sup>th</sup> ESC Public Affairs

Soldiers from all over 19th Sustainment Command (Expeditionary) enjoyed some friendly bowling competition at the Camp Walker Bowling Alley. Twelve teams consisting of five members went through three rounds of tournament play to decide who the best was.

"These kinds of events help to build the team from the ground up. 19th ESC is a great team. These events make it even better," said Brig. Gen. Raymond Mason, 19th ESC commanding general.

There were prizes for the highest scoring team as well as for the lowest scoring team. Trophies for the winners were on display beside the gifts for the runners-up.

The winning team was Support Operations, whose members were Luis G. Diaz; Pak, Chong Chil; Im, Hyong Sun; Sgt. 1st Class Robert E. Thomason; and Sgt. 1st Class Pineda L. Robert, all from the SPO office.

Bowling was only the start of what the 19th ESC commanding general hopes to make a monthly event. The event was part of an ongoing effort by the 19th ESC commanding general to invite Soldiers and give them an opportunity to bond together in rivalry.

"We, as a team, always work hard and we should get a chance to play hard. We plan on doing some outdoor sports when the weather gets warmer, like volleyball. We'll have different sports to get a different crowd. We will try to cross everyone's interest," said Mason.

Unfortunately his team, the commander's team, failed to reach the final round after losing to the "Team Serious Bowlers."





**Pfc. Robert Grasse** 501st SBDE, Team Serious Bowlers, shows his excitement in a good frame by doing a little dance at the CG's teambuilding event.



**Brig. Gen. Raymond Mason**, 19th ESC Commanding General, displays the trophy awaiting the winner of the bowling tournament..



**Sgt. 1st Class Paztricia Terry**, HHC 19th ESC command group, receives a round of high-fives from her teammates on Team Aide-De-Camp.



# 25th Trans. conducts NBC training with ROK 56th HRD



**Maj. Kim Suk Chan, 56th Homeland Reserve Division Chemical Battalion commander demonstrates Republic of Korea Army Nuclear Biological Chemical equipment to Soldiers from the 25th Transportation Battalion during a joint training session conducted in Seoul as part of the 25th's "Prime Time Training."**

**Story and Photos by Capt. Quiana Manning**  
25th Trans. Bn.

Soldiers from Headquarters and Headquarters Detachment, 662nd Movement Control Team, 25th Transportation Battalion, conducted Thorough Decontamination training with the Republic of Korea 56th Homeland Reserve Division Chemical Battalion, during prime time training Sept. 19 at the 56th HRD compound in Seoul.

More than 64 ROK and U.S. Soldiers participated in the training, which was designed to enhance readiness in the units' NBC tasks and promote the US-ROK alliance through interoperability training.

"Our unit has a requirement to train on a task; 'Conduct Thorough Decontamination' which required external NBC assets from a chemical unit. With no U.S. chemical [decontamination] unit existing in Korea, we had to reach out to our ROK friends, and 56th HRD answered the call," said Capt. Moses Lee, commander, HHD, 25th Trans Bn.

The Soldiers were also introduced to ROK barracks, dining facilities and the unit's NBC equipment.

"This was a great opportunity for us in that we never trained with a ROK unit before. We learned a great deal about not only NBC training but their equipment and the way ROK Soldiers live and eat," said Spc. Joshua Heard, HHD, 25th Trans Bn.

The unit plans to continue the relationship through monthly meetings to share culture and customs and enhance training.

"This was a great opportunity for our unit, not just in training together as an alliance but to foster a great community relationship with U.S. units in 56th HRD's area of responsibility," said Maj. Gen. Park, Chul Soo, commanding general, 56th HRD.

"It is great that we have outstanding organizations like 56th HRD close to where our unit is," said Lt. Col. Steven Rohlena, commander, 25th Trans. Bn. "We are looking forward to training together more in the future, not only in NBC readiness, but in all areas of the Army's Warrior Core Tasks."





Soldiers prepare to start the decontamination process.



Soldiers perform a functions check on their weapons.



Cpl. Lee, Hee Chul, 56th HRD, conducts vehicle decontamination on 25th Transportation. Battalion vehicles.



A ROK soldier checks to ensure his battle buddy's Mission Oriented Protective Posture gear fits properly.



Soldiers wait as a truck decontaminates the nearby area.



# Personnel Services

# Delivery Redesign



**Spc. Jeremy Marrero, noncommissioned officer evaluation record clerk at the 501st Sustainment Brigade, reviews paperwork in his office.**

**Sgt. Yoo, Joo Yong**  
501st SBDE Public Affairs

**A**s part of the transformation plan for the 8<sup>th</sup> U.S. Army, Personnel Services Battalions in the Korean peninsula have been deactivated. The Personnel Services Delivery Redesign now carries out the functions of those Personnel Service Battalions.

“The army is moving to a modularity concept where we’re self sufficient and the functions of a PSB have migrated to the brigade S-1 so that we can internally take care of our Soldiers as far as personnel services,” said Warrant Officer Amber Reed, PSDR Chief, 501st Sustainment Brigade.

Instead of Soldiers having to rely on PSB’s for their personnel services, they can now directly refer to their respective brigade or battalion-level human resources section.

“It makes it more convenient because everything that the Soldiers had to do at the PSB, they can actually do it within the brigade. Some of the functions that took the PSB a while to process, we can actually process on our own time frame now and we can manage to process quicker than the PSB,” said Sgt. 1st Class Vickie Wesley, senior human resources NCO, 501st SBDE, S-1.

The new change has allowed a better opportunity for providing personnel services.

“It’s more effective because it is all done in house. The paperwork starts and ends with us with little paperwork going outside of our control and everything is done within our area,” said Wesley.

The overall transformation not only changed the system itself but has also affected the Soldiers who served in PSBs but now are part of the PSDR.

“At the PSB level, you had an area expertise where you only did a certain part of the work. In the PSDR Brigade S-1 concept, you do all functions. You are subject matter expert in all areas. It develops the soldier as a well-rounded personnel services Soldier,” said Reed.

When working at the PSB, they only focused on one area of work, but being in a PSDR, they have to jump from one to another. They have to be able to be multi-tasked in order to do it all, added Wesley.

The number of Soldiers that a PSDR section covers



has greatly increased compared to that managed by PSBs in the past.

“We still take care of Soldiers like we used to, but now we take care of over 3,000 instead of 1,000 or 500,” said Pfc. Jimmy Chapoteau, Electronic Military Personnel Office clerk, 501st SBDE, S-1.

The transition from PSB to PSDR is still an on-going process but promises to produce better results once everything is settled.

“Right now we’re still going through the transformation with troops still trying to settle in and make things start to flow. But in the future, you’ll see actions being approved more frequently and easily than before because you don’t have to send to an external agency. The approval will come from within so it will speed up the processing time for actions,” said Reed.

**By Capt. Stacy Ouellette**  
*8th U.S. Army Public Affairs*

**T**he conversion of providing human resources support to servicemembers by means of a personnel services battalion to the Personnel Services Delivery Redesign has taken place on the Korean Peninsula. Now what happens to those whose unit is not a part of PSDR?

There are 770 servicemembers here in Korea assigned to units who do not have their own S-1 sections to receive administrative support from. Instead, the Military Personnel Directorate has been designated to ensure the needs of all service members and their families are met.

“MPD performs a variety of functions that the personnel services battalions and G1 sections used to provide,” said Military Personnel Directorate Program Director Michael Frederick. “One of the bigger advantages of going to the MPD from PSBs is our staff works Monday thru Friday, eight hours a day to support our customers.”

Due to the team of 37 being solely contracted employees, they are able to dedicate themselves daily to providing the proper customer service without having to balance their work with military duties or tasks, Frederick said.

Evaluations and promotions, for both enlisted servicemembers and officers, orders, in-and out-processing tasks, and management of the Combined Federal Campaign, Army Emergency Relief and Command Sponsorship Program are handled at MPD.

“This transformation has enhanced the way AG does business. MPD cuts the amount of time it takes to process actions, which in turn provides better service to our service members,” said Area II Site Manager Pablo Reyes.

Since its conception in October 2006, the MPD has provided reliable, educated contractors as part of their



**Marrero talks about inprocessing to Spc. Tanja Spicer.**

service team. Many of the contractors working in the MPD are former servicemembers themselves. Reyes is a retired first sergeant who served 27 years in the human resources arena.

“There is definitely an improvement of the way to do business,” Reyes said. “We’re here for the Soldier and will go out of our way to take care of all servicemembers and their family members.”

Reyes decided to work as a contractor after retirement to continue helping Soldiers. Finding a job directly related to his Army experience was a bonus.

“I felt that this was my chance to keep serving,” he said. “PSDR is a new concept and I wanted to be a part of the fielding process and help the organization with my experience.”

In Korea, there are many challenges for the MPD, such as adjusting Departure Return from Overseas dates for a variety of reasons and the Command Sponsorship program. To make sure each request is processed, there is one MPD per Area. The MPD falls under the Korean Regional Command as a Garrison asset.



A statue of Buddha overlooks a garden at the Gyeongju National Museum in Gyeongsang Province. Most of the museum's relics are dated to the Silla Kingdom, of which Gyeongju was the capital. Gyeongju is also known for its many royal tombs.

**Photo by Staff Sgt. Sadie Bleistein**